

**Full Report (All Nutrients) 09288, Prunes, canned, heavy syrup pack, solids and liquids**

**Report Date: July 01, 2017 00:39 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:12% Refuse Description: Pits**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 234g	5.0 prunes with liquid 86g
<b>Proximates</b>						
Water	g	70.67	20	0.250	165.37	60.78
Energy	kcal	105	--	--	246	90
Energy	kJ	439	--	--	1027	378
Protein	g	0.87	20	0.016	2.04	0.75
Total lipid (fat)	g	0.20	20	0.010	0.47	0.17
Ash	g	0.46	20	0.011	1.08	0.40
Carbohydrate, by difference	g	27.80	--	--	65.05	23.91
Fiber, total dietary	g	3.8	--	--	8.9	3.3
<b>Minerals</b>						
Calcium, Ca	mg	17	20	0.391	40	15
Iron, Fe	mg	0.41	20	0.026	0.96	0.35
Magnesium, Mg	mg	15	20	0.398	35	13
Phosphorus, P	mg	26	20	0.470	61	22
Potassium, K	mg	226	20	5.121	529	194
Sodium, Na	mg	3	26	0.532	7	3
Zinc, Zn	mg	0.19	20	0.005	0.44	0.16
Copper, Cu	mg	0.118	20	0.005	0.276	0.101
Manganese, Mn	mg	0.098	--	--	0.229	0.084
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	2.8	21	0.184	6.6	2.4
Thiamin	mg	0.034	20	0.001	0.080	0.029

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 234g	5.0 prunes with liquid 86g
Riboflavin	mg	0.122	21	0.006	0.285	0.105
Niacin	mg	0.866	21	0.036	2.026	0.745
Pantothenic acid	mg	0.100	--	--	0.234	0.086
Vitamin B-6	mg	0.203	--	--	0.475	0.175
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	40	21	3.731	94	34
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	797	21	74.628	1865	685
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.016	--	--	0.037	0.014
16:0	g	0.013	--	--	0.030	0.011
18:0	g	0.003	--	--	0.007	0.003
Fatty acids, total monounsaturated	g	0.130	--	--	0.304	0.112
16:1 undifferentiated	g	0.002	--	--	0.005	0.002
18:1 undifferentiated	g	0.128	--	--	0.300	0.110
Fatty acids, total polyunsaturated	g	0.043	--	--	0.101	0.037
18:2 undifferentiated	g	0.043	--	--	0.101	0.037
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

**Amino Acids**

**Other**